

**Vermont Mental Health Performance Indicator Project**  
Agency of Human Services, Department of Health, Division of Mental Health  
Weeks Building, 103 South Main Street, Waterbury, VT 05671-1601

MEMORANDUM

TO: Vermont Mental Health Performance Indicator Project  
Advisory Group and Interested Parties

FROM: John Pandiani  
Monica Boyd

DATE: December 24, 2004

RE: Children's' Type of Service: FY2004

This PIP is the third in a series that reports on the types of service provided by community programs in Vermont. Previous reports provided a statewide program level overview of the amount of service in six major outpatient service categories that were provided by DMH community-based programs during FY2004<sup>1</sup>, and the amount and type of service provided by Vermont's Adult Mental Health Outpatient Programs (AOP)<sup>2</sup>. This week's report provides a comparison of the amount and type of outpatient service provided by each of Vermont's regional outpatient children's services programs. Future reports will provide a similar comparison of local Community Rehabilitation and Treatment Programs (CRT) for adults with serious mental illness, and CMHC outpatient substance abuse programs. The findings in this series are based on analysis of Monthly Service Report data provided to DMH by designated community service providers.

As you will see, there were some substantial differences in patterns of outpatient service delivery for Children's Services programs in different regions of Vermont. Community supports made up more than half of the services provided in eight of the eleven service areas and ranged from 80% in Washington County to 35% in Northwestern Vermont. Service planning and coordination was the second most prevalent service statewide, but at the region level varied from 50% of outpatient services in Addison County to 19% in Southeastern Vermont and 15% in Washington County. Individual, family, and group therapy accounted for only 7% of all services statewide.

We look forward to your comments regarding the mix of outpatient services provided by Children's Services programs in different parts of Vermont. Once again, we are especially interested in ideas about the degree to which the patterns reported here represent differences in treatment patterns and the degree to which they represent difference in reporting conventions. As always, we are also interested in your suggestions for further analysis of these data. Please e-mail to us at [pip@vdh.state.vt.us](mailto:pip@vdh.state.vt.us) or call 802-241-2638.

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<sup>1</sup> Type of Service: FY 2004; ([www.ddmhs.state.vt.us/docs/pips/2004/pip120304.pdf](http://www.ddmhs.state.vt.us/docs/pips/2004/pip120304.pdf))

<sup>2</sup> Adult Mental Health Outpatient Type of Service: FY2004;  
([www.ddmhs.state.vt.us/docs/pips/2004/pip121004.pdf](http://www.ddmhs.state.vt.us/docs/pips/2004/pip121004.pdf))

## **Six Major Outpatient Service Categories**

### **Individual, Family and Group Therapy**

Individual Therapy is a method of treatment that uses the interaction between a therapist and the individual to facilitate emotional or psychological change, to alleviate distress, and change substance use. Family Therapy is a method of treatment that uses the interaction between a therapist, the individual, and family members to facilitate emotional or psychological change and to alleviate distress. Group Therapy is a method of treatment that uses the interaction between a therapist, the individual, and peers to facilitate emotional or psychological change and to alleviate distress.

### **Medication and Medical Support and Consultation Services**

Medication and Medical Support and Consultation Services include evaluating the need for, prescribing and monitoring medication, and providing medical observation, support and consultation for an individual's health care.

### **Clinical Assessment**

Clinical Assessment refers to psychiatric, psychological, psychosocial, substance abuse, and/or developmental assessment sessions and the preparation of individualized plans, including the administration and interpretation of psychometric tests and the preparation of reports.

### **Service Planning and Coordination**

Service Planning and Coordination assists individuals and their families in planning, developing, choosing, gaining access to, coordinating and monitoring the provision of needed services and supports for a specific individual.

### **Community Supports**

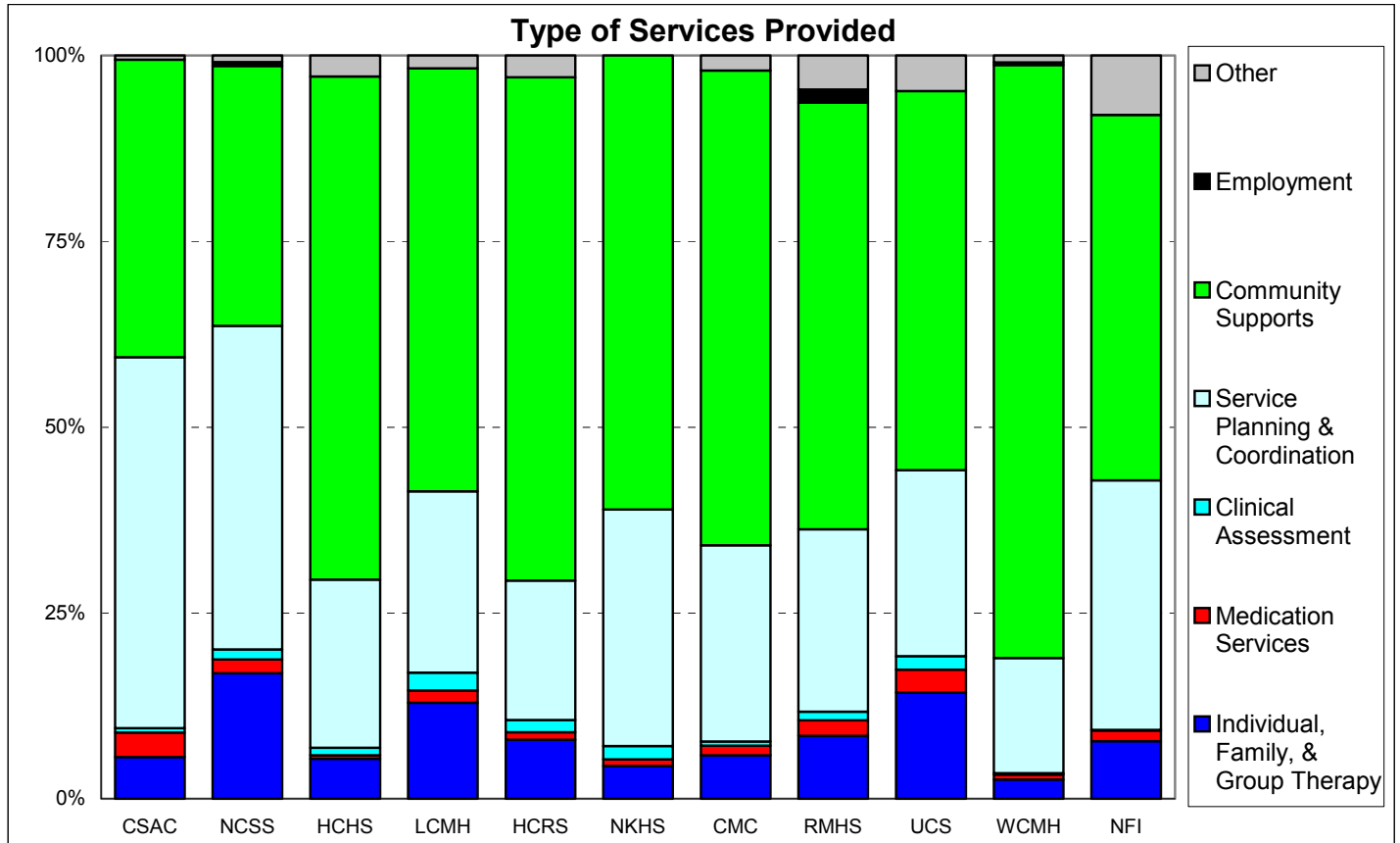
Community Supports include individualized, goal-oriented supports, which assist individuals (and families) to develop the skills and social supports necessary to promote positive growth. These supports may include assistance in daily living, supportive counseling, support to participate in community activities, collateral contacts, and building and sustaining healthy personal, family and community relationships. All of these activities may also be provided in a group setting.

### **Employment Services**

Employment Services assist transition age youth and adults in establishing and achieving career and work goals. These services include employment assessment, employer and job development, and ongoing support

A more detailed description of these services is available on-line at  
<http://www.ddmhs.state.vt.us/docs/dept/annual-stats/2004statWebnotes.pdf>

Type of Services Provided  
**Children's Services Programs**  
 By Provider: FY 2004



Region - Provider		Type of Service Provided						
		Total Outpatient Services	Individual, Family & Group Therapy	Medication Services	Clinical Assessment	Service Planning & Coordination	Community Supports	Employment Other
Addison -	CSAC	47,964	6%	3%	1%	50%	40%	0.0% 1%
Northwest -	NCSS	50,477	17%	2%	1%	44%	35%	0.5% 1%
Chittenden -	HCHS	108,032	5%	0.5%	1%	23%	68%	0.0% 3%
Lamoille -	LCMH	20,169	13%	2%	2%	24%	57%	0.0% 2%
Southeast -	HCRS	82,324	8%	1%	2%	19%	68%	0.0% 3%
Northeast -	NKHS	39,493	4%	1%	2%	32%	61%	0.0% 0%
Orange -	CMC	37,776	6%	1%	1%	26%	64%	0.0% 2%
Rutland -	RMHS	35,328	8%	2%	1%	25%	57%	2% 5%
Bennington -	UCS	18,999	14%	3%	2%	25%	51%	0.0% 5%
Washington -	WCMH	80,390	3%	1%	0.2%	15%	80%	0.4% 1%
	NFI	20,165	8%	1%	0.1%	34%	49%	0.0% 8%
Total		541,117	7%	1%	1%	27%	61%	0.2% 2%

Analysis includes outpatient services provided to individuals served by Children's Services Programs. "Other" includes emergency/crisis and respite services. For detailed explanation on these types of service, see the notes in the annual statistical report ([www.ddmhs.state.vt.us/docs/dept/annual-stats/2004statWebnotes.pdf](http://www.ddmhs.state.vt.us/docs/dept/annual-stats/2004statWebnotes.pdf))